

Variable	Mean	SD	Min	Max
Age	34.2	10.5	22	55
Gender	1.2	0.4	1	2
Marital status	1.8	0.4	1	2
Education	12.5	1.2	10	16
Income	1.5	0.3	1	2
Occupation	1.2	0.4	1	2
Religion	1.2	0.4	1	2
Health status	1.2	0.4	1	2
Stress level	1.2	0.4	1	2
Life satisfaction	1.2	0.4	1	2
Work satisfaction	1.2	0.4	1	2
Family satisfaction	1.2	0.4	1	2
Community satisfaction	1.2	0.4	1	2
Overall satisfaction	1.2	0.4	1	2

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Education	12.5	1.5	10	16
Income	1.8	0.8	1	3
Occupation	1.5	0.5	1	3
Religion	1.2	0.4	1	2
Health status	1.5	0.5	1	3
Smoking status	1.2	0.4	1	2
Alcohol consumption	1.2	0.4	1	2
Exercise frequency	1.5	0.5	1	3
Stress level	1.8	0.8	1	3
Sleep quality	1.5	0.5	1	3
Appetite	1.5	0.5	1	3
Weight change	1.5	0.5	1	3
Blood pressure	115/75	10/5	90/60	140/90
Cholesterol level	180	40	120	240
Blood sugar level	90	10	70	110
Heart rate	70	10	60	80
Respiratory rate	16	2	12	20
Oxygen saturation	98	2	95	100
Visual acuity	20/20	5	20/20	20/40
Hearing ability	20/20	5	20/20	20/40
Balance ability	20/20	5	20/20	20/40
Coordination ability	20/20	5	20/20	20/40
Reaction time	0.2	0.05	0.1	0.3
Attention span	15	5	10	20
Memory recall	15	5	10	20
Problem solving	15	5	10	20
Decision making	15	5	10	20
Emotional stability	15	5	10	20
Self-esteem	15	5	10	20
Life satisfaction	15	5	10	20
Overall health	15	5	10	20